

**WHAT IS CLAIMED IS:**

1. An archery bow, comprising:
  - a riser;
  - a pair of flexible limbs extending oppositely from said riser, each said limb having a distal end;
- 5        an arrow rest mounted to said riser and defining a trajectory path for an arrow, said arrow rest including:
  - an arrow rest platform;
  - a first sear associated with said arrow rest platform;
  - a second sear selectively engageable with said first sear, and automatically
  - 10        disengageable with said first sear upon application of an impulse in a direction generally parallel to said trajectory path.
2. The archery bow of claim 1, including an actuator which disengages said second sear from said first sear upon application of said impulse.
3. The archery bow of claim 2, wherein said actuator comprises one of a rotary actuator and a linear actuator.
4. The archery bow of claim 2, wherein said actuator comprises a rotary actuator including a pendulum arm with a distal end carrying said second sear.
5. The archery bow of claim 1, including a resilient biasing device for biasing said first sear and said second sear to an engaged position, said arrow rest platform being in a raised support position when said first sear and said second sear are in the engaged position.
6. The archery bow of claim 5, wherein said resilient biasing device comprises a spring.

7. The archery bow of claim 6, including a pendulum arm with a distal end carrying said second sear, and wherein said spring is connected at one end with said pendulum arm and at an other end with said first sear.
8. An arrow rest platform for use with an archery bow, comprising:  
an arrow rest platform defining a trajectory path for an arrow;  
a first sear associated with said arrow rest platform;  
a second sear selectively engageable with said first sear, and automatically disengageable  
5 with said first sear upon application of an impulse in a direction generally parallel to said trajectory path.
9. The arrow rest of claim 8, including an actuator which disengages said second sear from said first sear upon application of said impulse.
10. The arrow rest of claim 9, wherein said actuator comprises one of a rotary actuator and a linear actuator.
11. The arrow rest of claim 9, wherein said actuator comprises a rotary actuator including a pendulum arm with a distal end carrying said second sear.
12. The arrow rest of claim 8, including a resilient biasing device for biasing said first sear and said second sear to an engaged position, said arrow rest platform being in a raised support position when said first sear and said second sear are in the engaged position.
13. The arrow rest of claim 12, wherein said resilient biasing device comprises a spring.
14. The arrow rest of claim 13, including a pendulum arm with a distal end carrying said second sear, and wherein said spring is connected at one end with said pendulum arm and at an other end with said first sear.
15. A method of shooting an archery bow, comprising the steps of:  
engaging a first sear and a second sear of an arrow rest;

holding an arrow rest platform in a raised support position when said first and second sears are engaged;

- 5       nocking an arrow on a bow string and placing the arrow on the arrow rest platform;  
drawing and releasing the bow string; and  
applying an impulse to the first and second sears, thereby causing the first and second sears to disengage and the arrow rest platform to fall to a lowered position.

16. The method of claim 15, wherein the impulse is generally parallel to a trajectory path of the arrow.

17. The method of claim 15, wherein said releasing step results in movement of oppositely extending limbs and said bow string, causing said impulse.

18. The method of claim 15, including the step of biasing the first and second sears to the engaged position and the arrow rest platform to the raised support position using a resilient biasing device.